

Volume 71 Number 6
March 23, 2026



Lookout



lookoutnewspaper.com

This issue's front page is based on a 1943 edition of our newspaper

MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, BC

YOUR #1 SOURCE OF NEWS FOR MARITIME FORCES PACIFIC AND CFB ESQUIMALT.

We have the watch.

After more than eight decades in print,
we continue our journey. Read more inside.





The Legacy of the Lookout

Archana Cini
Lookout Newspaper

In April 1943, the first edition of what would eventually become the *Lookout Newspaper* rolled off the press.

It was titled the *Gangway*, an independent, weekly publication that reported on West Coast Royal Canadian Navy (RCN) news, edited by RCN personnel prior to publication. Volume 01, Number 01 was sold for 10 cents per copy, right here in Esquimalt.

The first issue of the *Gangway* was published entirely in black and white ink. The pages of this first edition told stories of a West Coast rescue; paid tribute to sailors who gave their lives for our country; noted a change in command; showcased heart in everyday moments of service; and provided comic relief for those in the Defence community that needed it. Over 80 years later, in 2026, the *Lookout Newspaper* still tells stories like these.

In many ways, this final print issue of the *Lookout* is the same as that first 1943 issue. At the same time, it could not be more different.

Created to inform and connect sailors during a time of rapid growth for the navy, the *Gangway* quickly became an

important link between those serving and the community around them. With the 1950s came an interesting change; the *Gangway* had been renamed to *Dockyard News*, and a few sparing splashes of red ink began to appear on pages marking special occasions like Christmas and New Year's. In addition to Defence community stories, political illustrations; local pageant results; festive comics; religious poems; and advertisements began to share space with stories of Canadian heroism, war, and memory.

By 1964, *Dockyard News* had been renamed one final time to what it lives as today: the *Lookout*, a simple word that instantly reflected the vigilance and awareness required when spending time at sea. With these pages came messages of morale from RCN leadership and the perhaps not-so-coincidental appearance of sea-blue ink (still used as sparingly as red.) Over the decades that followed, the *Lookout* grew alongside the naval base in Esquimalt and the RCN itself, documenting everything from newly commissioned ships and international deployments to local sports leagues, family events, and community initiatives.

Like the navy it serves, the *Lookout* has continuously adapted with the

times. Since 2001, every front page of the *Lookout* has been printed in full colour. 2011 was the first time entire publications were printed in colour; every photograph, every story. After the mid-2010s, key *Lookout* stories began appearing online, allowing readers far beyond the base to stay connected to the West Coast Defence community. In August of 2024, the *Lookout* transitioned from a weekly to biweekly print publication.

Through every stage of this 82-year evolution, the heart of the *Lookout* has remained the same: to serve those who serve. This work has only been possible thanks to the many journalists; editors; photographers; designers; creative professionals; and others who have contributed their talents over the years. Thank you — for your time, your efforts, your dedication, and your work. Each of you have helped preserve an incredible living history of our West Coast naval community.

On February 23, 2026, Canadian Forces Base (CFB) Esquimalt leadership announced that the *Lookout* would no longer produce a print newspaper.

Now, we stand at a precipice. This paper you are holding, Volume 71, Number 06, of the Lookout Newspaper, is the last of its kind. With this final

print issue, the Lookout marks the end of one chapter in its history — and the beginning of yet another.

Moving forward, the *Lookout* continues its mission as a fully digital publication, delivering timely stories and features through our online platform, lookoutnewspaper.com, where a digital biweekly edition will remain available. This shift will allow the *Lookout* to share stories faster, reach wider audiences, and tell the stories of the Defence community in new and dynamic ways.

Alongside this new era of journalism, the *Lookout* team will continue to support the operations of CFB Esquimalt through its suite of creative service offerings, providing everything from large-scale event materials to naval ceremony programmes and certificates. We also host and support several events throughout the year.

As the presses fall silent for the final time, the *Lookout* continues forward, still telling the stories that matter to our Defence community. Today, and always, we shall stand as your #1 source of news for Maritime Forces Pacific and CFB Esquimalt.

We serve those who serve.



VIEW COUNTRY GROCER'S LATEST FLYER SAVINGS IN THIS PAPER!



VOLUME 71 NUMBER 6 | MARCH 23, 2026

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Mrs. Geraldine Hilton (right), the wife of the late Captain(Navy) Peter Hinton, warmly holds the hands of the 2025 Canadian Fleet Pacific (CANFLTPAC) Sailor of the Year, Sailor 1st Class Andrée-Anne Dion-Tessier (left), during the presentation of the Capt(Navy) Peter Hinton Memorial Award for Leadership and Excellence in Service. Story on page 4.

Photo: Sailor 1st Class Jordan Schilstra, MARPAC Imaging Services

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A New Chapter for HMCS *Max Bernays*

The ship's company of His Majesty's Canadian Ship (HMCS) *Max Bernays* extends a warm welcome to its incoming Command Team while expressing deep gratitude to its outgoing Command Team. As some depart and others step forward, the sailors of HMCS *Max Bernays* mark this transition in leadership with both gratitude and pride.

OUTGOING COMMAND TEAM

COMMANDING OFFICER:
Commander N.L. Shields, CD

EXECUTIVE OFFICER:
Lieutenant-Commander N.L.E. Shore, CD

COXSWAIN:
Chief Petty Officer 1st Class M.A. Umbach, CD

*Fair winds and following seas
to the outgoing Command Team*

INCOMING COMMAND TEAM

COMMANDING OFFICER:
Commander R.G.S. Bell, CD

EXECUTIVE OFFICER:
Lieutenant-Commander R.C. Deforest, CD

COXSWAIN:
Chief Petty Officer 1st Class O.K. Meyer, CD

*A warm welcome
to the incoming Command Team*



His Majesty's Canadian Ship *Max Bernays*. Photo: Mona Ghiz, MARLANT Public Affairs



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MORALE & WELFARE NEWS CFB ESQUIMALT, VICTORIA, B.C.

A Division of Personnel Support Programs

The Lookout Newspaper and Publishing provides morale and welfare news to CFB Esquimalt, Maritime Forces Pacific, and is nationally distributed bi-weekly in print and online at lookoutnewspaper.com with social media updates on Facebook, Instagram, and LinkedIn.

Reach out to us, we'd love to hear your feedback and story ideas!

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Sailor 1st Class (S1) Andrée-Anne Dion-Tessier

"Take the opportunities that come your way, even if they seem challenging."

~Sailor 1st Class (S1) Andrée-Anne Dion-Tessier

Top Sailor Awarded Esteemed West Coast Naval Honours

Archana Cini

Lookout Newspaper
with contributions by Rodney Venis,
Base Public Affairs

As the spring rain lifted on March 3, the company of His Majesty's Canadian Ship *Max Bernays* assembled to celebrate one of their own: Sailor 1st Class (S1) Andrée-Anne Dion-Tessier, the Canadian Fleet Pacific (CANFLTPAC) 2025 Sailor of the Year.

The mid-morning ceremony highlighted not only S1 Dion-Tessier's dedication to service during the past year, but also the teamwork and camaraderie that define life aboard *Max Bernays*. During the event, in recognition of the CANFLTPAC honour, she was presented with the Captain(Navy) (Capt(Navy)) Peter Hinton Memorial Award for Leadership and Excellence in Service, which is typically bestowed to junior non-commissioned members who demonstrate ethical leadership, integrity and commitment to duty.

The award, and accompanying sword of the same name, is presented annually by Geraldine Hinton, the wife of the late Capt(Navy) Peter Hinton, in whose memory she helped establish the award to commemorate his deep legacy of service

to the Royal Canadian Navy (RCN). She was joined during this year's ceremony by Capt(Navy) Sam Patchell, Commander CANFLTPAC, who also helped deliver notification to S1 Dion-Tessier that she would be receiving a Commander of the Royal Canadian Navy (CRCN) Commendation.

When S1 Dion-Tessier first learned that she had been selected for the distinctions, her reaction was one of amazement and gratitude.

"I was honoured and a little surprised," she said. "It wasn't something I expected. During the deployment, my focus was simply on doing my job and giving my best to support the team." S1 Dion-Tessier also emphasized that the recognition belongs as much to the collective effort of the sailors aboard *Max Bernays* as it does to her own.

"It was a challenging period at times, but what really stood out to me was the support from my peers and the hard work of the junior sailors around me," S1 Dion-Tessier said. "They work incredibly hard every day, and I would not have been able to accomplish everything without their help. This recognition means a lot to me, but it also reflects the effort and teamwork of the people I work with."

S1 Dion-Tessier's journey towards the RCN began with encouragement from close to home. Her older brother, Jean-Raphaël Dion-Tessier, who currently serves in the Canadian Army, helped inspire her decision to join the military.

"My big brother had a strong influence on my decision to join," explained S1 Dion-Tessier. "During a time when I was feeling overwhelmed, we talked about his experiences and the opportunities the military had given him. That conversation really opened my eyes and helped me realize that the Canadian Navy was the path I wanted to take."

The award, named in honour of the late Capt(Navy) Peter Hinton, carries the legacy of a renowned naval officer.

Capt(Navy) Hinton joined the navy in 1941. Approximately three years later, he would become one of the youngest to command a landing craft during D-Day, a harrowing experience transporting troops

onto the beach at Bernières-sur-Mer, as recounted in historian Mark Zuehlke's book *Juno Beach, Canada's D-Day Victory*.

After leaving the navy briefly, Capt(Navy) Hinton returned in 1951 and served for over 30 years. His career included command of His Majesty's Canadian (HMC) Ships *Columbia*, *Fortune*, *Protecteur*, and *Athabaskan* along with a tenure as commandant of the leadership school HMCS Cornwallis. Among his other career highlights, he also made RCN history as the first officer to serve consecutively as Base Commander on both coasts. He retired in 1976 and, after spending much of his later years serving in roles such as Executive Director of the Victoria Branch of the Canadian Red Cross, died peacefully on Dec 19, 2008.

Today, award recipient S1 Dion-Tessier's concept of service is straightforward.

"I would describe my approach to service as steady and committed," she said. "For me, it means showing up every day ready to work, supporting the team, and making sure the job gets done right."

Looking back on her journey serving the RCN so far, S1 Dion-Tessier says the advice she would give her younger self is simple: take the opportunity.

"I would tell my younger self not to wait and to go for it," said S1 Dion-Tessier. "Take the opportunities that come your way, even if they seem challenging. You will figure things out along the way."

She added with a smile that the process usually includes learning a lot along the way — including English.

"It might not always be perfect," continues S1 Dion-Tessier, "but it will make people smile."

As the ceremony concluded, the recognition served as a reminder that receiving such honours can often celebrate more than individual achievement. It can also reflect the sacrifices of those from years past, like the late Capt(Navy) Hinton, and those who serve with such values today, like S1 Dion-Tessier and all those aboard *Max Bernays*.

Ice Cream Aboard!

RCN Sailor Donates Ice Cream Money to EMFRC

Archana Cini
Lookout Newspaper

What began as a simple way to brighten a sailor's day at sea has since turned into thousands of dollars raised for charity. On March 3 at the Colwood Pacific Activity Centre (CPAC), Sergeant (Sgt) Dan Jacklin presented a \$2,250 donation to the Esquimalt Military Family Resource Centre (EMFRC) — proceeds from an ice cream stand he currently runs aboard His Majesty's Canadian Ship (HMCS) *Regina*.

Sgt Jacklin, the ship's Senior Meteorological Forecaster, has spent nearly a decade scooping ice cream for his shipmates during deployments, turning a small morale booster into a now longstanding charitable tradition. Sgt Jacklin took over the effort in 2017 from Sgt Michael Foulkes who was posted off the ship later that year. Since then, over \$13,000 has been raised for various causes.

"I mostly do it because I enjoy it," said Sgt Jacklin. "People onboard often really look forward to having a break from the ship's routine, no matter how small. Sometimes getting a Häagen-Dazs or Melona ice cream can do it."

Sgt Jacklin's military service spans nearly four decades. He first joined the Army Reserves in 1987 with the Royal Highland Fusiliers of Canada before transitioning to the Regular Force in 2007. In 2012, Sgt Jacklin later transitioned into the Royal Canadian Air Force (RCAF) as a Meteorological Technician, a role that eventually brought him back to sea in support of naval operations. Over the years, Sgt Jacklin has brought the ice cream stand to several ships.

"I've had many people say how much they enjoyed taking their ice cream out on the flight deck and relaxing while watching the sun go down in the South China Sea," said Sgt Jacklin. "While most people want to give to charity, sometimes it's hard to see what's in it for them. This way they get a direct, immediate benefit too."

"I won't lie, I also like doing it because it is a little out of the ordinary," shared Sgt Jacklin.

This year, Sgt Jacklin decided to direct a portion of the proceeds to the EMFRC, an organization that supports military families through programs; advocacy; community services; and more. The decision was a personal one.

"My family has taken advantage of many programs the MFRC offers, especially during my deployments," he said.

Sgt Jacklin's wife, Emily Zhong, knows the EMFRC well. Having served as a director of the board from 2015 to 2025, Emily has witnessed firsthand the impact the organization has on military families.

"Over those years, I had the privilege of seeing up close the incredible dedication of our executive director, her team, and the many volunteers who have generously given both time and talents," said Emily. "Their unwavering commitment to military families has shone in every program, service, act of advocacy, and community connection."

To Emily, choosing to donate to the EMFRC was more than an easy decision; it was also an emotional one.

"Supporting the EMFRC comes from a place of deep gratitude. And yes... I may have also contributed a little to his [Sgt Jacklin's] ice cream selections!"

To Jackie Carlé, EMFRC Executive Director, the donation is another example of the generosity that continues to exist within the local Defence community.

"These funds will be leveraged to support military families impacted by deployments," shared Carlé. "We are so grateful to Dan for his generosity, and hard work scooping ice cream for charities in our community!"

Sergeant Dan Jacklin, on left, donating over \$2,000 in funds to the Esquimalt Military Family Resource Centre, represented by Executive Director Jackie Carlé, on right. Photo supplied. Background image Getty Images/iStock Photos: jenifoto



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Whether a raise, bonus, or inheritance, new money is welcome. At the same time, it can bring a tricky question with it: Should I put this toward my mortgage or invest it?

While you'll hear strong opinions on both sides, what makes the most sense for you, now?

THE CASE FOR PAYING DOWN YOUR MORTGAGE

Putting money towards your mortgage reduces the total interest you'll pay overtime. Most mortgage contracts allow you to make extra lump-sum payments, and even a small additional payment can shave years off your mortgage and save thousands of dollars in interest.

Second, it offers certainty in a way few investments ever can. Even though a mortgage is technically a debt, paying it down behaves like an investment with a guaranteed return. Every extra dollar you put toward your mortgage earns you a return equal to your mortgage interest rate by permanently eliminating future interest.

Third, many Canadian Armed Forces (CAF) families see a psychological benefit

as well. Not just because they're carrying less debt, but because they feel more secure.

THE CASE FOR INVESTING

While mortgage payments steadily reduce a known balance, investments are designed to grow beyond what you put in. That growth is what helps bring future goals like retirement, education, or flexibility later in life within reach. Long-term investment returns have historically outpaced mortgage interest costs. Investing can also improve flexibility. Unlike mortgage payments, money invested in accounts like a TFSA can often be accessed if needed, without penalties or tax consequences on withdrawals.

Another advantage is balance. If all your extra money goes into your home, a large portion of your net worth may be tied up in a single asset. Investing can help spread risk and support future goals that aren't tied to housing — a concept called diversification.

WHAT ABOUT DOING BOTH?

For many people, the real answer isn't mortgage or investing, it's some of each.

Splitting extra money between paying down your mortgage and investing can provide a blend of stability and growth.

This type of approach can be especially useful for CAF members juggling competing priorities, such as housing, family, relocations, retirement savings, and the unknowns that come with military life.

Here are a few questions that can help guide your decision:

- How secure does your cash flow feel right now?
- Are you comfortable with market ups and downs, or do they cause stress?
- How close are your major goals, like a move, education costs, or retirement?
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Finally, compare your mortgage interest rate to your expected investment returns, but not without asking at least one more question: Would you rather have guaranteed interest savings or potential investment growth? If you're unsure how to weigh these trade-offs, a SISIP advisor can help you look at the full picture, understand your options, and make a choice that supports your long-term confidence and security.



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Acting Sub-Lieutenant Michael Samuels
Base Public Affairs

On March 10, the Canadian Forces Base (CFB) Esquimalt community proudly recognized Manami Hoshino with a Base Commander Bravo Zulu, highlighting her exemplary contributions to the Port Operations and Emergency Services Branch (POESB). In her capacity as Administration Manager, Hoshino was recognized for her dedication, skill, and professionalism — qualities that reflect the work carried out every day by POESB and the King's Harbour Master (KHM).

POESB and KHM continue to function as a cornerstone in sustaining the day-to-day operational effectiveness of CFB Esquimalt.



As such, the team supports an impressive range of missions from fire and rescue services to the operation of the Auxiliary Fleet, which provides tug support, spill response capability, and vital berthing assistance for vessels entering the harbour. No matter the task, POESB personnel are known to demonstrate both professionalism and a commitment to safety that underpins every operation on the base.

Together they ensure the safe and orderly movement of vessels within Esquimalt Harbour. Their harbour pilots, tug crews, and operational staff manage navigation, enforce harbour regulations, and safeguard the marine environment, ensuring that ships, sailors, and equipment transit smoothly and safely. Their precision and coordination are fun-



Captain(Navy) Kevin Whiteside, Commander of Canadian Forces Base Esquimalt (right) presenting Manami Hoshino (left) with a Bravo Zulu recognition award on March 10. Photo supplied.

damental to the daily rhythm of the harbour and the operational readiness of Maritime Forces Pacific (MARPAAC).

Ultimately, Manami Hoshino's recognition celebrated both her

individual excellence and the collective strength of the branch she serves.

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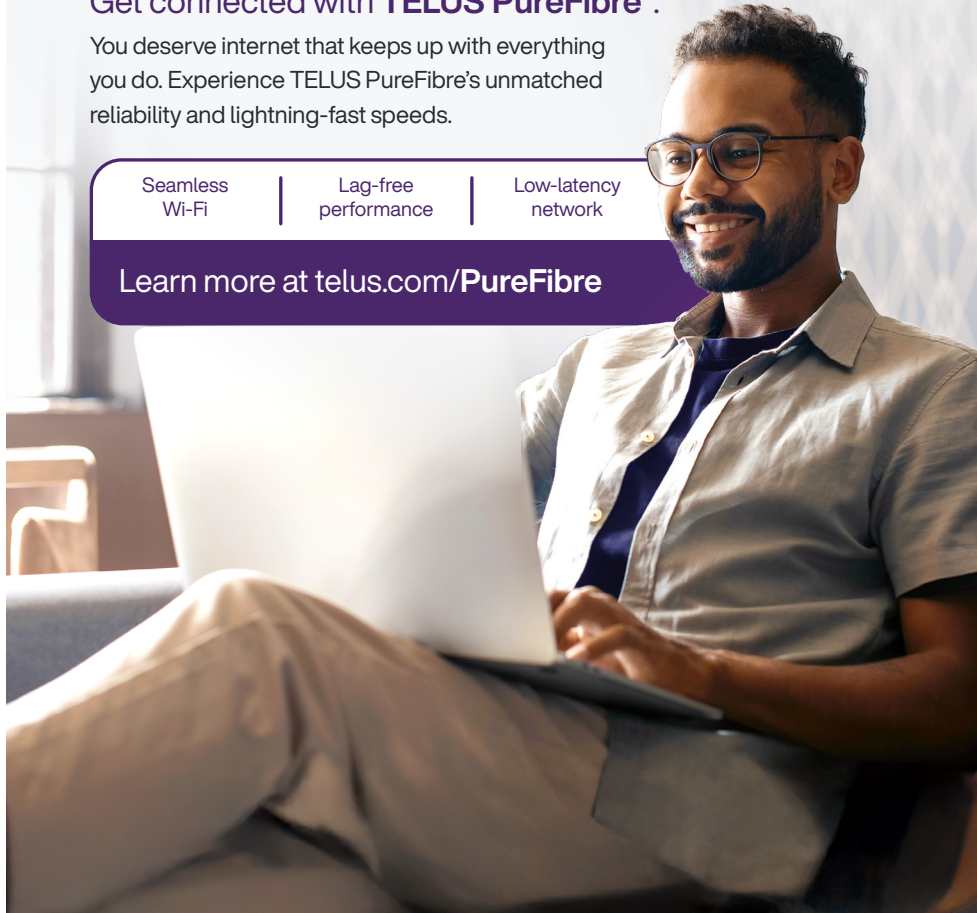
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PSP Recreation Summer Camps Are Back!

We're excited to offer a fantastic lineup of summer day camps in both *Colwood* and *Esquimalt* for children ages 4–12!

2026 Registration Opens:

April 7 at NOON – CAF members & their families

April 14 at NOON – General public

All camp details can be found on our website



INCLUSION SUPPORT AT CAMP

At PSP Recreation, we believe every child deserves the chance to participate, belong, and feel supported. If your child requires inclusion support, we're here to help.

Priority for Inclusion Support is given to Military Families. To ensure the best possible camp experience, please review the Inclusion Support Request process early.



WE CAN'T WAIT TO WELCOME YOU THIS SUMMER!



Twelve years after the end of Canada's mission in Afghanistan, the names of 167 fallen Canadians were spoken into the evening air.

In that moment, the sacrifices of each Canadian were no longer distant history, but something deeply felt.

Each name carried a story, a family, and a legacy that continues to endure.

On March 12, members of the Defence community and the public gathered at the British Columbia Afghanistan Memorial for remembrance.

Photo: Sailor 1st Class Kyle Maguire, MARPAC Imaging

Eye care for your family!

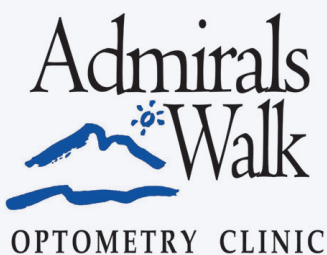
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Serving Excellence: RCN Sailor Named Greater Victoria Master Athlete of the Year

Archana Cini
Lookout Newspaper
contributions by Kelley Stark, MARPAC Public Affairs

While many sailors train at sea, Lieutenant(Navy) (Lt(Navy)) David DeFehr also trains on the tennis court.

Bravo Zulu to Lt(Navy) DeFehr, who has been named one of two Greater Victoria 2025 Master Athletes of the Year for his athletic achievements in tennis. A Royal Canadian Navy (RCN) Staff Officer serving the Pacific Fleet, Lt(Navy) DeFehr balances more than naval service. He also sustains an international career in tennis, competing only last year in the W100 2025 Oeiras Tennis Tournament.

Participation in international competitions such as the W100

2025 Tennis Tournament reflects the goals of the Canadian Armed Forces (CAF) Sports Program, which supports the mental, social, and physical wellness of CAF members. Lt(Navy) DeFehr's participation falls within the program's extramural sports stream, which enables CAF members to compete outside defence establishments at regional, national, and international levels. These opportunities allow members to pursue athletic excellence while also representing Canadian and CAF values on the global stage.

Lt(Navy) DeFehr will receive an award in celebration of his athletic achievements on March 26 at a ceremony held at Government House, Victoria. Bravo Zulu to Lt(Navy) DeFehr on this recognition!



Left: Lieutenant(Navy) David DeFehr during the W100 Oeiras Tennis Tournament in 2025. Photo supplied.
Inset: A formal portrait of Lieutenant(Navy) David DeFehr. Photo: Sailor 1st Class (S1) Kyle Maguire.



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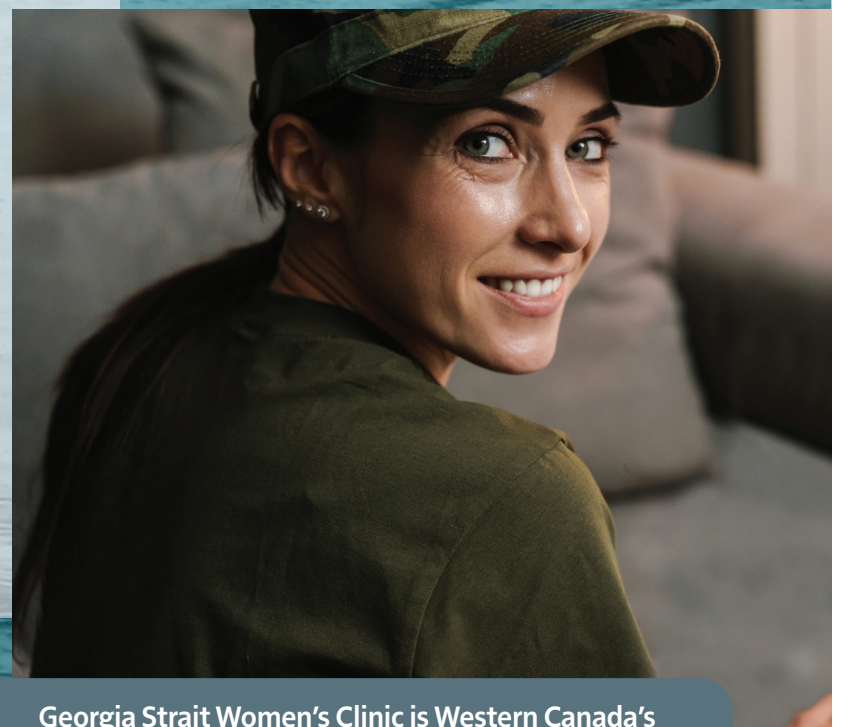
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What Stays with Us: A Moment in the Lookout Archives

The Lookout Newspaper
and Creative Services Team

With more than 80 years of publishing, the *Lookout* has told thousands of stories, from major naval events that have defined Canada to quieter moments of service that capture the spirit of our local Defence community.

As we close the final print chapter of the *Lookout* and move towards a digital-only publication, some members of our current team chose a piece from the past 82 years — a quote or memory that stayed long after the page was printed. Some made us laugh, others made us proud, many made us cry, and a few reminded us why history matters.

Without further ado, here are some stories that stayed with us:

Lookout
Volume 09, Number 22

1964

Archana Cini,
Digital Media/Marketing Coordinator

"I have never been a religious person, but flipping a big stack of paper open to this line did feel like fate: 'O star of wonder, star of night, star with royal beauty bright; Westward leading, still proceeding, guide us to thy perfect light.' It felt so fitting for the Lookout's ever-changing trajectory. This poem is from a 1964 story that to me, represents precious family history, a reminder to cease worrying, and holds a little bit of magic all at once."

Dockyard News
Volume 01, Number 05

1956

Andrea Modesto,
Administrative Assistant and Accounts

"There is a poem featured called, 'Lines Written on Hearing of the British Cemetery on the San Juan Islands' from 1965. It combines quiet beauty, respect for our fallen, and the still-relevant question about war versus human pride."

Lookout
Volume 12, Number 10

1967

Lindsay Groves,
Corporate Services Manager

"I found an article about sailors getting in trouble for facial hair when they were posted to the East coast. The Base Commander of CFB Esquimalt 'penned' his reply: '...For Halifax men, whatever the yen / Cannot remotely compare / With the virile chest of the boys in the west / At sea all the time in fresh air.' As the writer noted, the Base Commander 'demands' respect but also 'displays a great sense of humor.'"

Lookout
Spring to Autumn 2017

2017

Leslie Eaton,
Graphic Designer

"I did read the assignment and yet I chose a time period and not a specific article. When I first experienced life as a spouse of a deployed partner, the updates from articles and photos were meaningful and impactful as I counted the days. I wasn't working at the Lookout at that time, but the gift of connection through our local navy newspaper meant that sometimes there was an uplifting surprise for me on my doorstep and bridged the distance."

The stories above are featured in their complete form on our Instagram highlights (@lookoutnewspaper) and our website (lookoutnewspaper.com).

You can also find them in our office archives. We hope to see you soon!



The Lookout

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